



## Fall 2017 Group Fitness Schedule

(Classes start the week of August 28<sup>th</sup>)

| <b>Day/Time</b>         | <b>Class</b>                | <b>Instructor</b> |
|-------------------------|-----------------------------|-------------------|
| <b><u>Monday</u></b>    |                             |                   |
| 7:00am - 8:00am         | Cycling*                    | Jess              |
| Noon - 1:00pm           | Blue Streak Boot Camp       | Melissa           |
| 5:00pm - 6:00pm         | Restore and Renew Yoga      | Nathan            |
| 6:30pm - 7:30pm         | Zumba                       | Monique           |
| <b><u>Tuesday</u></b>   |                             |                   |
| Noon - 1:00pm           | Vinyasa Flow Yoga           | Amy               |
| 6:30pm - 7:30pm         | Power Yoga                  | Izabele           |
| <b><u>Wednesday</u></b> |                             |                   |
| 7:00am - 8:00am         | Recharge and Rebalance Yoga | Nathan            |
| Noon - 1:00pm           | Blue Streak Boot Camp       | Melissa           |
| 5:00pm - 6:00pm         | Cycling*                    | Jess              |
| 6:30pm - 7:30pm         | Zumba                       | Monique           |
| <b><u>Thursday</u></b>  |                             |                   |
| Noon - 1:00pm           | Vinyasa Flow Yoga           | Amy               |
| 5:00pm - 6:00pm         | Cycling*                    | Jess              |
| 6:30pm - 7:30pm         | Power Yoga                  | Izabele           |
| <b><u>Friday</u></b>    |                             |                   |
| Noon - 1:00pm           | PiYo                        | Melissa           |
| 5:00pm - 6:00pm         | Ground and Center Yoga      | Nathan            |

*All Fitness Classes are free to students, faculty, staff, and members of the John Carroll RecPlex.*

*\*Due to limited bikes, Cycling classes require sign-ups at the Rec Desk 30 minutes in advance of each class.*

*\*All fitness classes are funded in part by the Student Activity Fee\**

If you have any questions regarding the schedule, please contact  
Brian Armelli @ x1785 or by e-mail ([barmelli19@jcu.edu](mailto:barmelli19@jcu.edu))